

active life day program







9:15 - 10:00 AM Daily Current Events **MONDAY**

10:00 – 11:00 Arts and Crafts/ Free Time
Computer / Independent Living Skills (ILS).
11:00 - 12:00Lunch.
12:00 – 1:00 Newsletter/ Free Time
Computer/world Culture.
1:00-2:00Creative Expressions/ Free
Time Computer / Acting.

TUESDAY

Outing and Regular classes every 2nd Tuesday of

the month
10:00 - 11:00 Health & Wellbeing / Free
Time Computer / Spanish.
11:00 - 12:00Lunch.
12:00 - 1:00Virtual Travel/Social Club / Dance.
1:00 –2:00 Book Club/ Free Time Computer /
Creative Thinking

WEDNESDAY

Outing and Regular classes every 4th Wednesday of the month.

10:00-11:00Classic Viewing / Free Time
Computer / Social Club.
11:00-12:00Lunch.
12:00 – 1:00 History / Free Time
Computer / Wildlife.
1:00-2:00Music Appreciation / Free Time
Computer / Science.

THURSDAY

10:00 – 11:00 Movers & Shakers / Free Time
Computer /Chorus.
11:00- 12:00Lunch.
12: - 1:00Garden & Nature/ Free Time
Computer / Keyboarding.
1:00 - 2:00Brain Buster/ Free Time
Computer /Photography.

FRIDAY

10:00-11:00	-Arts & Crafts/ Home Economics.
11:0 - 12:00	Lunch.
12:00 - 1:00	Group Games / Movie Club.
12:00 - 1:00	Free Time Computer.
1:00 - 2:00	Photography / Movie club.

Outing every 3rd Friday of the month.

Daily Social Time 8:00 - 9:15 AM & 2:00 - 3:00 PM



Groups for Outings

Tuesday

<u>Group 1: Jan, May, Sept (7) Jon R., Donald, Kathy, Dewey, Allison, Dareek, Robyn, Destiny</u> Staff: Amparo, Open (D'Andrea)

Group 2 Feb, June, Oct: (7) Kate, Chrissy, Matt, Shelly, Gary, Jayln, Carson

Staff: Beth, Takeisa (Jared)

Group 3 Mar, July, Nov: (8) Lynn, Trista, Sam, Angela, Marta, Glen, Melissa, Grace

Staff: Tina, Tania (Katie)

Group 4: April, Aug (8) Carly, Katie, Ekat, Crystal, Wilfredo, Danielle, Ernie, Loni Staff: Amparo, Cindy (Jeff)

Wednesday

Group 1: Jan, May, Sept (7) Wilfredo, Gloria, Mike V, Bob T., Chrissy, Austin, Sierra

Staff: Cindy, Open (Jared)

Group 2: Feb, June, Oct (7) Jon R., Suzie, Jessenia, Jon F, Kathy, Crystal, Susan Mc.

Staff: Tania, Tina (D'Andrea)

Group 3: Mar, July, Nov (7) Kate, Jayann, Rosie, Mac, Ben M, Trevor, Jimmy, Destiny

Staff: Beth, Amparo (Jeff)

Group 4: April, Aug (8) Joey, Judi, Sam, Laura, Dareek, Mike V, Jay, Shelly

Staff: Cindy, Takeisa (Katie)

Friday

Group 1: May, July, Sept., Nov. (5) Marta, Susie, Carly, Joey, Grace

Staff: Tina, Takeisa

Group 2: June, August, Oct. (6) Donald, Bob T. Gloria, Shelly, Katie H., Dareek

Staff: Tina, Open

From the Directors Desk

It's September and that means it is time for AE's Annual Friends and Family Picnic! Join us Thursday, September 28th for food, fun and games. Check out the attached flyer or our Facebook page for more details. Hope to see you there!

Reminder: I would like to remind and encourage everyone to transport your lunches in plastic or paper bags labeled with your name. Large lunch bags can take up a lot of room, so this will help free up space in our refrigerators as we continue to grow as program. Thanks for your consideration!

~Jared

SPANISH CLASS IS FUN!!

Contributed by Spanish Class





Spanish Class is fun because we made Smoothies, play games like matching, bingo, learn numbers, our names, animals, colors, make Empanadas, made mini piñatas for Cinco de Mayo!

Learn how to describe themselves in Spanish, greetings such as buenos dias! Watch videos of places where the people speak Spanish.

Learn about Spanish countries such as Puerto Rico, Mexico, Dominica Republic.

Learning new vocabulary and putting it, together in conversations.













ADULT ENRICHMENT



- 1. Painting Canvas-various sizes
- 2. Wildlife Videos
- 3. Sculpy clay or Fimo clay (various colors)
- 4. Glue sticks
- 5. Poster boards/construction paper
- 6. Gift cards (Giant, Walmart)
- 7. <u>Digital Camera</u>
- 8. Dry Erasers
- 9. Hot Glue Stick Pack, mini size, multi temp
- 10. Plastic laundry hamper/Twin sheet sets
- 11. Lawn games
- 12. Games- Brailling of cards
- 13. Yarn (any color)
- 14. Watercolor Paper/ crafting beads(with large holes)
- 15. White Out EZcorrect
- 16. Connect Four Games (for a tournament)
- 17. 2 office staplers and staples (not mini staplers)
- 18. Chalkboard paint
- 19. Cleaning Supplies
- ** If you would like a Gift in Kind tax receipt for your donation, please submit an invoice, letter, or email that states the value of your donation. Thanks!







On our Kitchen Kettle Outing, we enjoyed ordering lunch in the Café. Afterwards, we had fun tasting many samples, including jellies, pickles, salsa, beef sticks and coffee.

INDEPENDENT LIVING SKILLS



In Independent Living skills class the participants learn a variety of skills which they can utilize for their everyday life. Some of the Topics which we cover in Independent living skill class are: Once a month, the participants write to the Troops (sending uplifting messages of gratitude) I have the ILS participants perform chair exercises, and learn about Nutrition and have a healthy snack. Also the participants of ILS class work on their basic math skills through completing math worksheets and playing a game called Math Jeopardy. Once a

month, the class counts all the soda and coffee money which was received by the program for the previous month. They're taught ways to cope with stress, conversational skills, budgeting, how to order a meal at a restaurant, etiquette, how to be productive citizens. Also the participants participate and socialize during icebreaker games so each participant learn a little about each other. Also we play interactive Brain games to enhance their mental abilities.



SOCIAL CLUB

In Social Club we painted Sea Glass. We painted the glass for someone else, to make them feel special by receiving a gift from someone else. We are working on doing things for others and not so much about ourselves. We recently adopted each other. So we have learned by doing for others

is better than just doing for yourself. We even go to Manor Care once a month to cheer up the residents there. The more we start caring for others the better you will start to feel. Just being there for someone else makes us feel good. By Tina's Class



NATIONAL GRANDPARENTS DAY

Contributed By Newsletter Group (Victor/Jay/Mary Jane/Gloria

National Grandparents Day is on September 10th, 2017. National Grandparents Day is a secular Holiday celebrated in the United States of America and United Kingdom since 1978. And officially recognized in number of countries on various days of the year.

How can you celebrate National Grandparents day? You can celebrate them by putting a picture in the newspaper. If they are not living, you can get them flowers or candy, or even take them to Dinner. Grandparents should be honored for not only raised their children, but most grandparents help to raise their grandchildren as well.







A Day For Gratitude

Gratitude Day is celebrated every year on **September 21st**. It started in 1965, in Hawaii. Taking time, to appreciate the many amazing things we have in our world, positively impacts our well-being and makes us happier, more contented people.

These are some things for which are grateful:

Jon R. - My Dad, my sisters, pizza

Ali - My family - all of my family

Chrissy - Ozzy Osbourne, Bon Jovi and Neil Diamond

Victor - My Girlfriend, myself and my father

Alvin - My Mom who makes my lunches, that they taste really good, Meadow Tea

Joey - That I am saved, My Mother, and that my Mom will take me anywhere I want on my day off.

Darla - My family, My staff, My camp counselors

Donald - 'The Flying Nun', Cleaning and my yellow flute

Jayln - My family, football

Gloria – My Mom, that I am saved, my friend Joey

Derek - God's love, the computer, sweeping and dusting floors, and my family

Crystal - My Mom and that she cooks for me, my brothers

As a country we are thankful for our freedom!

What are you grateful for ...?

PEAR CRUMBLE PIE RECIPE

MAKES: 8 servings TOTAL TIME: Prep: 20 min. Bake: 45 min. + cooling

INGREDIENTS

1/3 cup sugar

3 tablespoons all-purpose flour

6 cups sliced peeled fresh pears

1 unbaked pastry shell (9 inches)

CRUMBLE TOPPING:

1/3 cup all-purpose flour

3 tablespoons brown sugar

1/4 teaspoon ground cinnamon

2 tablespoons cold butter

DIRECTIONS

In a large bowl, combine sugar and flour; add the pears and toss gently to coat. Spoon into pastry shell. In a small bowl, combine the flour, brown sugar and cinnamon; cut in butter until crumbly. Sprinkle over pie.

Bake at 400° for 45-50 minutes or until pears are tender and topping is golden brown. Cover edges loosely with foil during the last 30 minutes to prevent overbrowning. Cool on a wire rack. **Yield:** 8 servings.





International Day of Charity

Contributed by Newsletter Group

International Day of Charity is on September 5th,, 2017 THE DEFINITION OF CHARITY- The voluntary giving of help typically in the form of money to those in need. Kindness and tolerance in judging others.

Question- HOW CAN YOU SHOW CHARITY TO YOUR FELLOWMAN?

Victor- A person can give a Donation to a charity. Also Victor said that you can take them to Church or to the supermarket .Gloria- said that if a person needed food , she would give them food in their time of need. Also a person can babysit someone's children and or pets. You also can helped the Elderly. Also you can donate to The Miracle Children network. You can go to your local Hospital and read to ill children. You can Volunteer a homeless Shelter, or food Bank.



LABOR DAY

Contributed by Newsletter Group Victor, Gloria, Jay, Maryjane

Kathy- I like to go to the Boardwalk and do different things. Sometimes I go to Funland and play games or I'll sit in a shady pavilion and watch people go by. Jon W- Our Family

usually goes to a church picnic where we run around and have water fights with squirt guns. And we eat lots of potluck food. Mary Jane- I like to go to the Mountains for Labor Day. Victor- on Labor Day eat good food and drink. Darla- said on Labor Day She likes to visit Family and Friends during the Holiday. Jayln- said he like it when the family eats outside. On Labor Day there are many cookouts, and picnics, and barbecues. With food like watermelon, hot dogs, hamburgers, baked beans salads (chicken, potato, macaroni, egg etc. The history of Labor Day is on the first Monday in September is a creation of the labor Movement and is dedicated to the social and economic achievement of American workers have made to the strength, prosperity, and well being of our country.













National Guacamole Day

September 16th is the day to celebrate Guacamole, the delicious sidedish or dip made of avocados, that has been a part of traditional Mexican cuisine since the time of the Aztecs. The main ingredient in is Avocado. It is made by mashing avocados and adding chopped onions, tomatoes, garlic, lemon juice and cumin. Avocados are a healthy fruit, from Mexico and Central America. They are a good source

for Vitamin K and some types of vitamin B.

Jon R.- I had it on crackers. I like it mild.

Darla - I never tried it. I do not like Mexican or spicy foods. It is green. I think yellow would be better.

Joey - I have tried it. It is not too bad if it is not spicy. I think it would be good on tacos.

Jayln - I like Guacamole with cheese. I like it hot.

Ben W. - I like to eat Nacho chips with Guacamole.

Sierra - I like Guacamole with French fries on the side.

Alvin - I eat Guacamole with corn chips at parties with my friends.

We think that Guacamole is a good thing to eat at special events, like fairs, festivals, carnivals and other outdoor activities. It is nice when stores give out samples of Guacamole to taste.

Celebrate National Guacamole Day by enjoying lots of guacamole.!! Have guacamole for breakfast, lunch and dinner. Have it with your bacon and eggs for breakfast, use it as a spread for your sandwich at lunch, add it your salad at dinner, or eat a bowlful of yummy guacamole by itself!





GUACAMOLE RECIPE

Ingredients

2 ripe avocados.

1/2 teaspoon salt.

1 Tbsp of fresh lime juice, lemon juice or vinegar

2 Tbsp to 1/4 cup of minced onion or thinly sliced green onion.

2 tablespoons cilantro (leaves and tender stems), finely chopped.

A dash of freshly grated black pepper.

Preparation

While the food process is on, or mash with a fork. If you are looking for some heat, add the chile pepper. Add the avocado, cilantro and fresh lime juice.

Add salt and pepper to taste.

NATIONAL ELEPHANT APPRECIATION DAY

National Elephant Appreciation Day is on September 22. Elephants are large and very intelligent animals. The average lifespan of an elephant is 60 to 70 years. They have close family bonds. They are very playful animals who love the water. Elephants eat almost any type of plant from grass to trees. In captivity, they are also enjoy cabbage, lettuce, bananas, apples and many other types of fruits and vegetables. People of all ages are fascinated by elephants.

Here are some of our ideas of ways to observe this day:

Make a list of things you admire about elephants.

Google elephants to learn more about them.

Go to a zoo to see elephants swim and play in water.

Go to India or Africa to ride an elephant.

Eat an elephant diet....including peanuts.

Draw a picture off an elephant.

Thoughts about elephants:

Joey: They are big and they actually remember. I've heard that they are afraid of mice or

rats.

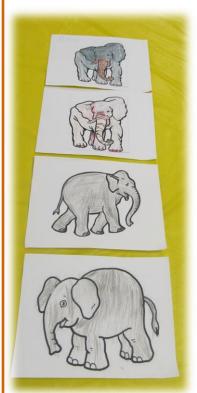
Kathy: Sometimes the zookeepers examine the elephants to make sure they are ok. Some

elephants have tusks. They can weigh a lot.

Jonathan: I admire that they create good artwork. (See Suda – The Painting Elephant, https://www.youtube.com/watch?v=foahTqz7On4) They are peaceful vegetarian animals.

Darla: Elephants are big and grey. Dumbo is a famous elephant.

Joey: They eat peanuts and leaves. Kathy: They like to play in the mud.





NATIVE AMERICAN DAY/SEPTEMBER NEWSLETTER ARTICLE



by Newsletter Group





Native American Day is usually held on the 2nd Monday of October which coincides with Columbus Day. The Native American wanted to educate and celebrate and tell the story of Native Americans during Columbus' time. In California Native American Day is held September 22nd this year.

Many Native Americans take part in celebrating Native Americans' Day or Indigenous People's Day in the United States through activities such as pow wow. Many Native Americans take part in celebrating Native Americans' Day or Indigenous People's Day in the United States through activities such as pow wows. ©iStockphoto.com/Juan Monino

What Do People Do?

In Berkeley, California, some organizations, community groups and churches support the day through awareness-raising activities about the history, culture and traditions of indigenous peoples of the United States. Cultural activities such as markets and pow wows, which are gatherings of North America's indigenous people, are held. In modern times, pow wows involve dancing, singing, socializing and celebrating Native American culture. In South Dakota people celebrate Native Americans' Day through learning from educational resources that focus on the traditions, culture and background of Native Americans. It is a day to celebrate the heritage of Native Americans and for both native and non-native cultures to unite so the many aspects of native culture can be shared.

SCARAMBLE WORDS

- 1. DIMUH
- 2. ERUTAREPMET
- 3. GNIMMIWS
- 4. EDAHS
- 5. AETDECI
- 6. ETARDYH
- 7. RETAW
- 8. YNNUS
- 9. SROODIN
- 10. SEHSULS

HUMID, TEMPERATURE, SWIMMING, SHADE, ICED TEA, HYDRATE, WATER, SUNNY, NDOORS, SLUSHES

JOKES

By Newsletter Group



- 1. WHERE'S THE LARGEST PENCIL IN AMERICA?

 Answer- Pennsylvania
- 2. What did Earth say to the other planets?

 Answer- You have no life
- 3. WHAT IS THE QUICKEST WAY TO DOUBLE YOUR MONEY?

Answer- Fold it in Half

4. WHA DO GET WHEN YOU CROSS A TRUMPET WITH APPLE?

Answer- Tooty-fruity

5. WHEN ARE COOKS MEAN?

Answer- When they beat eggs and whip cream

6. WHY ARE SATURDAY AND SUNDAY STRONGER THAT THE OTHER DAYS? Answer- Because the others are weakdays.

Spotlight



- 1. What is your favorite food?

 Chocolate ice cream
- 2. What kind of music do you like?
 Christian music
- 3. What's your favorite color?

 Pink
- **4. When is your birthday?** May 1st
- 5. Do you have any cats? No, no pets, I do like cats.
- What's your hobby?
 TV and getting on the computer to watch YouTube videos.

- 7. What kind of TV shows do you watch? NCIS, Animal Planet and Frozen.
- 8. What's your favorite thing to do?

 Dance
- 9. Do you have any siblings?2 brothers, I'm the only girl.
- **10. What do you like about coming here?** I get to move around and I'm not board
- 11. Do you have a favorite actor or actress?Hillary Duff and Zack Efron.
- 12. If could live any were in the world, where would you live?
 My own apartment.



Johnny Appleseed Day

John Chapman was born in Massachussets in 1774. He was known as Johnny Appleseed, for spreading apple seeds and planting nurseries, throughout Pennsylvania, Ontario, Ohio, Indiana, and Illinois, and what would become West Virginia. He would fence them in and leave them in the care of a neighbor, until his return.

Johnny Appleseed also had a deep love for animals and even insects. This popular story about him reveals this:

"One cool autumnal night, while lying by his camp-fire in the woods, he observed that the mosquitoes flew in the blaze and were burned. Johnny, who wore on his head a tin utensil which answered both as a cap and a mush pot, filled it with water and quenched the fire, and afterwards remarked, "God forbid that I should build a fire for my comfort, that should be the means of destroying any of His creatures.""

The <u>TinCaps</u>, a minor league baseball team in <u>Fort Wayne</u>, <u>Indiana</u>, which is where Chapman spent his final years, is named in his honor.

Celebrate Johnny Appleseed Day by enjoying delicious apples that he helped to spread across the US. Whether you choose a fresh apple off a tree or a rich and flavorful apple pie, be sure to take some time to appreciate the results of his efforts. You may also take a day off of eating meat and be extra kind to animals on this day, in remembrance of his efforts and his beliefs.

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Here are some ways we enjoy eating apples:

Justin, Matt, Will: Apple pie Jayann, Victor: Apple Fritters

Angie: Apple sauce and baked apples Trista: Apples chopped up in oatmeal

Ernie: Fried diced apples, with cinnamon sugar, sprinkled with M&Ms

Danielle: Apple dumplings Kate, Carly: Caramel apples Tania: Caramel apples with nuts



apple pie
rotten apple
to the core
apple
The "big Apple"
"Apple"
An apple a day
apple of my eye
apples & oranges
the apple cart







SEPTEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	<u>THURSDAY</u>	<u>FRIDAY</u>			
Current Events: Beth/Cindy Arts & Crafts: Amparo Independent Living Skills (ILS) Tania Newsletter: Amparo, Cindy & Takesia World Cultures: Tina Creative Expression: Beth Acting: Cindy	Current Events: Beth/ Tania Spanish: Amparo Health & Wellbeing: Beth Dance: Tania Virtual Travel: Cindy Social Club: Tina Book Club: Beth Creative Thinking: Tina Outing	Current Events: Cindy, Tina Classic Viewing: Tania Social Club: Cindy Wildlife: Tania History: Beth Cience: Cindy Music Appreciation.: Beth Dancexercise: Tania Outing	Current Events: <u>Tania</u> , <u>Tina</u> Lhorus: <u>Alyssa</u> Movers & Shakers: <u>Amparo</u> Garden & Nature: <u>Tina</u> Keyboard: <u>Alyssa</u> Bain Buster: <u>Beth</u> Photography: <u>Amparo</u>	•Current Events: <u>Beth, Tina</u> •Arts & Crafts: <u>Amparo</u> •Home Economics: <u>Tina</u> •Group Games: <u>Beth</u> •Movie Club: <u>Tina</u> •Photography: <u>Amparo</u>			
				1 •A&C: Jewelry / Home Ec.: Buddy Bear Recipes •Lunch •Group Games: Table Bowling /Movie Club: Movie of the week Photography: Newsletter Pictures			
4	5 • Spanish: Numbers & Time /	6	7 • Chorus: /Movers & Shakers:	8 •A&C: Make: Cards/ Home			
CLOSE LABOR DAY	H&WB: Sugar • Lunch • Social Club: Dr.OZ /Dance: Fire/ Virtual Travel: Hot Air Balloon • Creative Thinking: Muppet Story / Book Club: Matilda	Classic Viewing: Carol Burnett/Social Club: Lizzie Velasquez -lunch -Wildlife: Mongoose/History: George W. Bush -Science: Air,Land,Sea,Space / Music Bio.: Big Bad VooDoo Daddy Dancexercise- Fire	• Lunch • Garden & Nature: Calming Bottles /Keyboard: • Brain Busters: Cookies Photography: Newsletter Pictures	• Movie Club: Movie of the week/ Photography: Newsletter Pictures			
11	12 OUTING- Movie Jon R, Donald, Kathy, Dewey,	13	14	15 Movie Outing #1			
A&C: Centerpieces (Paint Mason Jars & Type Thanks Notecards) /ILS Troops Lunch World Cultures :Northern Lights / Newsletter: Acting Class: Lion & Mouse Creative Expression: christmas Cards	Allison, Dareek, Robyn, Destiny Spanish: Paco Video Greetings and songs/ Health & Wellbeing: Make jiggly soap • Lunch • Social Club:ASL/Balloons • Dance :Chinese lion / Virtual Travel: White Water Rafting • Creative Thinking: Muppet Story/ Book Club: Alice in Wonderland	Classic Viewing: Small Wonder/Social Club: Antonyms lunch Wildlife: Gazelle/History: Time Travel-Abraham Lincoln/ Science: Produce booklet Music Bio.:Scorpions Dancexercise- Chinese lion	Chorus: /Movers & Shakers: Lunch Garden & Nature: Dry Sage /Keyboard: Brain Busters: Flying Nun Photography: Take Pictures for a Newsletter	•A&C: Centerpieces (Paint Mason Jars & Type Thanks Notecards) / Home Ec.: Make Pom Poms Lunch Group Games: Song Stump Disney Movie Club: Photography: Newsletter Pictures			
18	19	20	21	22			
• A&C: Halloween Ornaments / ILS: Chair/snack • Lunch • World Cultures :	Spanish: Verbs/ H&WB: Stress Balls Lunch Dance: Swing / Virtual	*Classic Viewing: Batman /Social Club: Connect 4 lunch *Wildlife: Baboon /History:	Chorus: /Movers & Shakers: Lunch Garden & Nature: Black Eyed Susan /Keyboard:	•A&C: Halloween Ornaments/ Home Ec.: Cookbook •Lunch			
Minnesota / Newsletter: • Acting Class: Elephant & Blind Men / Creative Expression: Christmas Cards	Travel: Hummer /Social club: The Fox &the Child Creative Thinking: Muppet Story / Book Club: Alice in Wonderland	Lincoln Continued / Science: Elephants • Music Bio.: Marvin Gaye Dancexercise- Swing	Brain Busters: Barney Photography: Take Pictures for a Newsletter	•Group Games: Name that Sound • Movie Club: Movie of the week / Photography: Take Pictures for a Newsletter			
 Acting Class: Elephant & Blind Men /Creative Expression: Christmas 	The Fox &the Child • Creative Thinking: Muppet Story / Book Club: Alice in	Elephants • Music Bio.: Marvin Gaye	 Photography: Take Pictures for 	Sound • Movie Club: Movie of the week / Photography: Take			